

# Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

I mentioned last week that I had been playing around with making gummy supplements at home. My overall idea is that eventually I want supplements tailored to my genetic needs, without the extra ingredients that are often included in premade supplements.

Here's how the gummies turned out...



The "recipe" that I ended up using was half of a box of flavored jello, a packet of unflavored jello, 1/4 cup of water, and a spoonful of honey. I mixed it together and zapped it in the microwave for 30 seconds, stirred, and then put it back in for 20 seconds more. The honey is important for keeping the gummies soft for more than a few days. I added in vitamin C and zinc after microwaving -- weighing it out and then figuring out in the end the approximate amount per bear. I chose vitamin C and zinc because they dissolve easily, aren't going to hurt me if I calculated incorrectly, and (importantly) were already in my cabinet in powdered form.

At some point I'll write a full article on the ins and outs of making gummy supplements at home. I need to perfect a recipe that is a little healthier -- something without the artificial colors and flavors in the Jello. I also need to figure out which vitamins are water soluble and how much heat they can withstand. My goal in putting together some of my own supplements is to not only dial in the dosages to what I think I need, but to also avoid excipients in supplement pills. Plus, I like gummy bears and was having fun messing around with this :-)

Grateful for all of you,

Debbie



Latest article

## **Sudden Hearing Loss: Viruses, Vaccines, and Genes**

Sudden deafness – or sudden sensorineural hearing loss – can occur for a number of reasons including viral infections and vaccinations. Sudden hearing loss occurs usually just in one ear, and it leads to problems hearing certain ranges of sound. You may notice it when talking on the phone or listening to music using headphones. Imagine that scary moment when you figure out that it isn't a broken headphone and instead is due to hearing loss.

This article explains the current research on sudden sensorineural hearing loss, including links to viral and vaccine causes. Genetic variants can significantly increase your relative risk of sudden sensorineural hearing loss; knowing the genetic susceptibility leads to understanding why SSNHL occurs.

[Read the full article](#)

**What I've Been Reading...**

### 1) [Immunoglobulin signature predicts risk of post-acute COVID-19 syndrome](#)

A new study in Nature looks at the IgG and IgM levels of Covid patients. The researchers found that initial lower levels of specific immunoglobulins were associated with long Covid symptoms, such as fatigue and brain fog.

### 2) [Study detects how a genetic variant modifies the brain stimulation impact on memory](#)

This ScienceDaily article explains new research on how transcranial magnetic stimulation seems to work more easily on people with the Val/Val BDNF variant.

You can [check to see which BDNF allele you have here](#).

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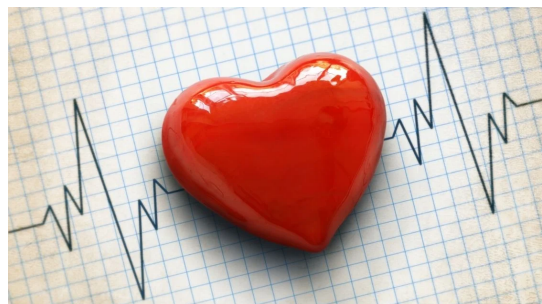
## Articles that you may have missed...

The articles no one is reading, but should be...



### **Hesperidin: An anti-inflammatory and immune boosting citrus flavonoid**

Hesperidin is a flavonoid found in citrus fruits. Its active metabolite is hesperetin, and you will see both mentioned almost interchangeably in studies.



### **Lipoprotein(a): A big genetic risk for heart disease**

**Heart disease is the number one cause of death** in the US and in most countries around the world. Statistics show that one in four people in the US will die of heart disease.

We often have a picture in our heads of someone at risk for a

In a nutshell, the anti-inflammatory flavonoid found in citrus called hesperidin may help with cardiovascular health and prevent neuroinflammation.

heart attack: an obese, older man who looks unhealthy, probably with a stressful job. It is often tempting to think that people who exercise, are thin, and look healthy are at low risk for heart disease. But beneath all the healthiness can lurk a genetically driven risk factor for a heart attack: elevated lipoprotein(a).

## **Genetic Lifehacks**

Somewhere cold, MT

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